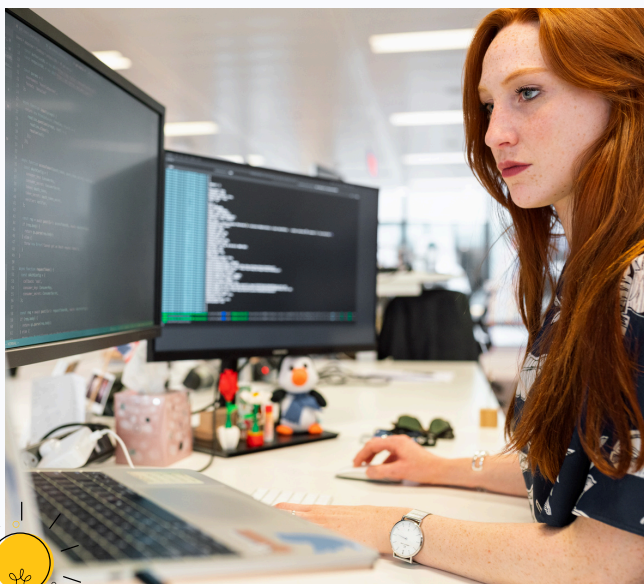


ITS BEEN GREAT TO SEE SOME BRIGHTER DAYS IN THE LAST COUPLE OF WEEKS! MARCH ALSO SEES SOME CHANGES WITH US AT THE CLINIC. OUR MASSAGE THERAPIST LAURA WILL BE GOING OFF NEXT WEEK FOR PLANNED SURGERY, DURING HER TIME OFF WE WILL BE OFFERING REDUCED COVER WITH BETH WHO CURRENTLY WORKS WITH US IN THE NEWPORT CLINIC. AS MANY OF YOU WILL ALSO KNOW BRENNA WILL BE HEADING OFF ON MATERNITY LEAVE AT THE END OF MAY, SHE WILL BE ADVISING HER CURRENT PATIENTS WHO TO BOOK IN WITH - OUR OTHER CHIROPRACTORS WILL BE COVERING HER TIME OFF.



After the winter months of reduced activity, it's common to notice stiffness, tight muscles or old aches/pains returning as we start moving more. Chiropractic care can help improve your joint mobility, reduce tension & support your nervous system which in turn helps you to stay active & comfortable as spring begins.
Early care can make a big difference in preventing small issues from turning into longer-term problems.



OUR POSTURE QUICK TIP:

If your head sits forward of your shoulders while sitting or using a screen this means your spine is under extra strain. Gently bring your ears back over your shoulders, relax your shoulders down, & take a deep breath. Try to check your posture every 30 minutes.

POSTURE RESET AFTER WINTER

Between driving, working indoors & spending time on our phones & laptops, winter can take a toll on posture. That's why a quick reset can help.

TIPS:

- Sit with both feet flat on the floor
- Keep shoulders relaxed but not rounded
- Bring screens up to eye level
- Take a short movement break every 30-45 minutes

Good posture reduces the strain on the spine & helps keep your muscles working efficiently.

Introducing small posture habits & practicing them consistently can make a big difference to spinal health, muscle tension & comfort overall.

SPRING ACTIVITY STARTS AT YOUR FEET

After a season of having to wear heavier footwear & less movement, it is common to notice foot discomfort as walking, exercise & outdoor activities start up again. Foot pain, heel soreness or tired legs are often signs that your feet need support.

Podiatric care can help address these issues early, keeping you comfortable & active as we "step" into spring!



DID YOU KNOW?

Your feet contain 26 bones, 33 joints with over 100 muscles, tendons & ligaments. When foot function is compromised, it can affect your posture, balance & comfort throughout the body.



MARCH FOOT HEALTH TIP

As activity increases, build up gradually as sudden spikes in walking, running or standing time are a common cause of foot pain. Stretching, supportive footwear & regular foot care all help your feet adapt safely.



COMMON WARNING SIGNS NOT TO IGNORE

You should consider booking a podiatry appointment if you notice:

- Heel or arch pain - especially in the morning
- Pain in the ball of the foot or toes
- Thickened, painful or ingrown toenails
- Corns, calluses or cracked heels
- Changes in foot shape, balance or walking pattern

Early assessment can often prevent minor issues from becoming more persistent or painful.

SPRING FOOTWEAR CHECK:

As you swap winter boots for lighter shoes, take a moment to check:

- Shoes should provide good arch & heel support
- Soles should not be worn unevenly
- Toes should have enough room to move comfortably
- Footwear should suit your activity level



BOOK YOUR SPRING FOOT HEALTH CHECK

If you're noticing discomfort, or if it's been a while since your last visit, March is the perfect time to book an appointment. Our team at the Grekin Clinic is here to support the foot health of the Forfar community to help keep you moving comfortably.